Psychological First Aid:
Staying Healthy Before, During and After Operations and Combat

Cover Seek shelter and find a secure location. Look out for your shipmates and buddies! Stay and feel safe.

Calm Decompress, de-stress and chill-out. Relax. Take time to rest and get plenty of sleep. Eat, shower and clean up. Work out. Do daily activities and routines.

Connect Talk with others! Speak about what happened and your experiences. Gather information and support others. Listen. Hang out with friends and have some fun.

Capacity Cope in good and positive ways! Identify difficulties and obstacles. Understand the best you can.
Problem solve.

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